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ON TUESDAY NIGHT PAGE 24



HALIFAX

metro

Tuesday, April 24, 2012



News
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CALLING ALL SUPERHEROES

They're real and they're masked, where it's legal. With numbers nearing 600, real-life superheroes are making their rounds in communities across Canada and the United States, preventing — and in some cases fighting — crime, and performing acts of charity. Metro takes a look into their world. Story, pages 8-9. PETER TANGEN/FOR METRO

Not ferry nice

Metro Transit plans to scale back service to cut costs
PAGE 3

Banker or broker?

An independent operator could get you a better mortgage
PAGE 21

Look like a Viking god

Thor's personal trainer lets you in on how to get that chiselled look
PAGE 18



Surgeries cut to prepare for walkout

Capital Health. In the event of a strike, 130 surgeries will be postponed each day



JENNIFER TAPLIN
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Talks are underway, but Capital Health is preparing to

shut down or slow many of its operations.

NSGEU Local 42, representing every health profession except doctors and registered nurses, has filed notice to strike at 12:01 a.m. Wednesday.

Many elective surgeries have already been cancelled or postponed, and 95 of the health district's 1,300 inpatient hospital beds are closing.

Pragmatic optimism

"We've tried to remain optimistic ... but we have to prepare for the eventuality of a strike."

Barbara Hall, vice-president of person-centred health, Capital Health

As of today, the QEII in Halifax will do only urgent and emergency surgeries, whereas Dartmouth and Hants Community Hospital will still do a few day surgeries, as well.

"We're still always continuing to do the emergency surgeries," Barbara Hall, vice-president of person-centred health, said Monday.

Diagnostic imaging and

outpatient clinics continue Tuesday, but on Wednesday only urgent and emergency cases will be covered if workers hit the picket lines.

Blood clinics outside the hospitals will shut down starting Wednesday if there's a strike, and only urgent cases will be taken. Thousands of people who would normally get their blood tested in a typical day will have to wait until

the strike is over.

All big hospital ERs will remain open and about 27 per cent of Local 42's 3,600 members will be on duty through a strike.

Urgent clinics will be set up in the hospitals. If patients don't know whether to attend one of these clinics or the ER, David Kirkpatrick, chief of surgery, said they should ask their family doctor or call 811.



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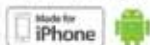


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Ridership insufficient to run ferry past 10:30: Metro Transit

Halifax Harbour. Cuts are expected to save more than \$400,000 from council's 2012-2013 budget



ALEX BOUTILIER
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Metro Transit will scale back ferry service on both weekdays and the weekend in order to find budgetary "efficiencies."

The changes, which come into effect on May 21st, will see ferry service between Halifax and Dartmouth end an hour early on weekdays and Saturdays, with the last trip departing at 10:30 p.m. Between noon and 2 p.m. on weekdays the ferry will be reduced to two trips an hour. On Sundays, the ferry won't run until 11:30 a.m.

The Woodside route is also affected – Metro Transit will cut the last trip leaving the Woodside Terminal at 9:52 a.m.

Both routes failed to meet Metro Transit's service standards of 390 passengers an hour during peak hours.

"(The decision) was based

on the service standards," said Lori Patterson, a spokeswoman for Metro Transit.

"Typically, late at night, we don't have many riders. And we would look at, for special events ... (running) extra service."

The cuts, approved in Halifax Regional Council's 2012-2013 budget, are expected to save 1,000 service hours per year. That translates to approximately \$423,700 a year for Metro Transit. That's more than Metro Transit will save on reducing 4,670 hours from bus routes (\$329,040).

Patterson noted that regular late evening bus service will continue, meaning transit users won't be stuck if they miss the last ferry. She also took issue with suggestions that Metro Transit tried to sneak the changes past the public.

"We promote changes to the service to customers prior to them happening," Patterson said. "We have four schedule adjustments a year. So we will, in the next two weeks, all of the May ... service changes will be coming out to customers."

She also noted the changes were approved and discussed in a public budget meeting at Halifax City Hall.



A ferry crosses Halifax Harbour in this file photo. Metro Transit is proposing a cutback on the Alderney and Woodside ferry services. RYAN TAPLIN/METRO

Report urges early intervention in mental health



Joyce MacDonald, co-chair of the Mental Health and Addictions Strategy Advisory Committee, speaks at the release of the committee's report. The province expects to have a response — and a strategy — this spring. ALEX BOUTILIER/METRO

The advisory committee tasked with examining Nova Scotia's mental health and addictions services is urging the government to invest in earlier intervention and faster access.

But Health Minister Maureen MacDonald says the province's priority is meeting the service standards it already has.

The 14-member volunteer committee released a list of 61 recommendations to overhaul the province's mental health and addictions care system. Those recommendations are loosely grouped around four categories: investing in early intervention and access to

Quotable

"There's no way forward for those families who are suffering with mental health challenges."

Stephen McNeil, Liberal leader, criticizing the government's lack of commitment to the committee's recommendations.

services, fixing gaps within the current system, creating supportive communities, and strengthening collaboration across government departments.

"What we're really talking about is ensuring that people can get what they need when they need it," said Michael Ungar, a Dalhousie professor and co-chair of the committee.

That includes, the report stresses, people who live outside of Nova Scotia's urban cores.

MacDonald said she hopes deliver a province-wide mental health and addictions strategy by this summer. But the minister refused to commit to the standards recommended in the report.

ALEX BOUTILIER/METRO

Auditor general

TIPS goes digital

The Office of the Auditor General has announced an online version of Taking Improvement and Performance Seriously (TIPS) hotline. The TIPS hotline online is for HRM staff and residents to submit complaints.

ANDREW DAVIES/METRO

Fundraiser

Eat your heart out

The Maritime Heart Centre is teaming up with 16 local restaurants to raise money to fight heart disease today.

The event is called "Eat Your Heart Out." Halifax restaurants will be donating 15 per cent of their bills to the center.

ANDREW DAVIES/METRO

Victoria county

Man dies in car accident

A Nova Scotia man is dead after his car went off the road Saturday in Victoria County.

RCMP have identified the victim as 66-year-old Peter Jerome Gould of Waycobah.

Police say Gould was

pronounced dead at the scene of the accident in Bucklaw, about 65 kilometres northeast of Port Hawkesbury.

He was the only person in the car.

Police say they are still investigating the cause of the accident.

They say road and weather conditions were fine at the time.

THE CANADIAN PRESS

Home invasion

Vehicle found

Halifax-area police say they have found a vehicle stolen during an armed home invasion over the weekend.

Police say electronics and jewellery were also taken after four men armed with guns entered the home in Dartmouth Sunday.

THE CANADIAN PRESS

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NEWS

On the web

Bulldog has his day

Tyson, a beloved English bulldog, doesn't bite ears like his namesake, boxer Mike Tyson, but he does bear the title of champion. The two-year-old pup with a fetching face and a winning personality was crowned the winner of this year's "Beautiful Bulldog" pageant Monday in Des Moines, Iowa. Full story at metronews.ca.

A real hack job

Estonian hackers' cyber-gremlin could force users offline, warns both the FBI and the Canadian Internet Registration Authority. Full story at metronews.ca.

Mobile news



Tweed-clad protesters upset that Abercrombie & Fitch's laid-back look will be coming to London's Savile Row took to the street Monday. The American chain is set to open in the same shop where the Beatles gave their final performance from the rooftop on Jan. 30, 1969. Scan for the story.



Ashiqur Rahman heads from Nova Scotia Supreme Court during closing arguments in his manslaughter trial in Halifax on Monday. Rahman has pleaded not guilty to manslaughter and aggravated-assault charges in the 2009 death of his daughter Aurora Breakthrough. ANDREW VAUGHAN/THE CANADIAN PRESS

No proof of assault in baby's death: Defence

Closing arguments.

Child's heart condition may have played a role in her death, defence lawyer argues

There are enough medical uncertainties about the death of a seven-week-old girl in Halifax to acquit her father of manslaughter and aggravated assault, the man's defence lawyer argued Monday.

Donald Murray delivered his closing arguments in the

case of Ashiqur Rahman, who has pleaded not guilty in the July 2009 death of Aurora Breakthrough.

Jane Gomes, Rahman's ex-girlfriend and the child's mother, has told the Nova Scotia Supreme Court that she saw Rahman slap and shake the baby.

Medical examiner Marnie Wood concluded the death was the result of "non-accidental trauma."

Murray told Judge Felix Cacchione that after Aurora died, a pediatric cardiologist found she had a congenital

heart condition.

Murray said it's possible that condition played a role in Aurora's cardiac arrest on July 23, 2009, four days before she died.

Outside court, Murray said the courts have had poor experiences in the past on relying on pathologists' opinions.

"They are informed guesses by doctors, but they're still guesses," he said.

"Even if they may be right, how much should the legal system trust them at this point? The legal system has had bad experiences before

with accepting an opinion and suddenly discovering that medicine has moved on."

Murray said even if Wood were correct, there was no concrete evidence to show that Aurora suffered some trauma — such as being shaken — on the day she was rushed to hospital.

Murray said that he respects the pathologist's opinion, but he added that she made too many assumptions to meet the legal system's demands for definitive proof of what caused Aurora's death.

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Task force

Cape Breton seeks solutions to rampant bush fires

A task force will search for long-term solutions to an alarming number of wildfires in Cape Breton County.

Officials from a number of Cape Breton agencies will tackle a trend that saw 384

fires over a seven-day stretch last month. The total number of fires this spring is more than double that and growing by the day. "It is kind of an enigma. It doesn't seem to be this big of a problem elsewhere in Nova Scotia," said Bruce Nunn, regional manager enforcement with Natural Resources.

The task force's initial research has pointed to a variety of reasons why the fires are so common in this area.

Their research has also shown many common misconceptions around brush fires and grass fires. The most common one is that the fires help brown grass grow greener at a faster rate.

In reality, such fires destroy habitat for nesting birds and other species, and damage the grass. The Cape Breton Regional Fire Service estimates 15-20 other structures have also been damaged so far this year. **CAPE BRETON POST**

Investigation

Mystery odours forces Highland to transfer students

Students from Highland Consolidated near New Glasgow, which was closed this week for the remainder of the school year, will be heading to the Nova Scotia Community College in Stellarton for their

classes.

Beginning Tuesday, the students will attend the college as the Chignecto-Central Regional School Board continues its investigation into the source of unusual odours at the Westville school.

"We focused our efforts on finding an alternative learning environment that is still close to home," said CCRSB superintendent Gary Clarke.

NSCC students began

Health & Safety

"Our primary concern is the health and safety of our students and staff."

Gary Clarke, CCRSB superintendent

work terms this week, which freed up teaching space to accommodate the 270 students who attend Grades 7 and 8 at Highland Consolidated.

NEW GLASGOW NEWS

Alleged raging rooster attack ruffles feathers

Reaction. Poultry owner considers civil legal action after his pet bird winds up with a broken leg

Talk about a chicken fight.

Rocky the rooster was allegedly kicked by a man shopping at Alex Loomer's Kingston motorcycle business earlier this month, leaving the bird's leg with serious injuries.

"There was an altercation between a rooster and the individual," RCMP Const. Blair MacMurtery said. "The result was the rooster wound up with a broken leg."

Rocky received veterinary care, resulting in a \$530 bill for his owner and a stainless steel splint for the bird. Loomer said Rocky's chances of a full recovery are unknown at this point.

The poultry owner said he is disappointed the RCMP has not laid any charges against the bird's alleged attacker and he is asking the force to review

the decision.

"I feel we were treated very poorly," Loomer said. "There were witnesses. The Mounties said the man had no intent so they're not pursuing charges."

Loomer said there have been hundreds of people, including police officers and reporters, in his shop with his chickens and the rooster has never attacked anyone.

The man who allegedly attacked Rocky claims he got out of his car and the bird attacked him, flying toward his face. Loomer said he did not see the initial confrontation but witnessed the man kicking and chasing his pet.

"I wouldn't have Rocky in the shop if he was violent," Loomer said. "(The alleged attacker) said he had a rooster phobia."

Loomer plans to pursue the case with the RCMP and is considering civil legal action if necessary to recover veterinary costs.

"It shouldn't matter what kind of animal was involved, the fact is a man intentionally and repeatedly injured one

Pet defence

Alex Loomer recently challenged an alleged County of Kings bylaw infraction involving his pet chickens in a residential area, resulting in the charge being stayed and council agreeing to review the subject bylaw.

of my pets in my own yard," he said. "If it had been a dog or cat, I feel the RCMP would have treated the case differently and that is wrong."

MacMurtery said police investigated an incident at Loomer's business involving a possible customer and statements have been taken. He said the case file indicates the rooster allegedly accosted the man, causing the man to react.

"As the investigation is unfolding, there's no evidence to the contrary," MacMurtery said.

THE KENTVILLE ADVERTISER

Premier appoints panel to review Yarmouth ferry

Nova Scotia Premier Darrell Dexter is reopening the discussion on the need for a ferry service between Yarmouth and the United States, more than two years after his government stopped subsidizing the money-losing crossing to Maine.

Dexter was in Yarmouth on Monday, where he announced the appointment of a panel of tourism, ferry and business experts to determine what would be needed for an economically viable ferry service in the region.

"The communities in southwest Nova Scotia want to see a ferry service return, as does the government," Dexter said in a statement.

"I look forward to hearing the panel's advice on what needs to be an economically viable solution for the long term."



Premier Darrell Dexter
RYAN TAPLIN/METRO

Liberal member Zach Churchill, who represents Yarmouth, said the panel is not needed because past studies have already shown that the ferry is economically viable.

"The only people still doubt-

ing the viability of a ferry are the premier and his cabinet," Churchill said in a statement.

"The only significance of this announcement is that an election is coming and the NDP are trying to mitigate the damage to their brand."

A high-speed ferry link between Yarmouth and Maine was discontinued in December 2009 after the NDP government cancelled an annual \$6-million subsidy for the Bay Ferries Ltd. operation. The decision has sparked protests in Yarmouth, where people say it has harmed the local economy.

Dexter said the arms-length, independent panel will review existing studies on the crossing and give advice to help the government come up with a "definitive recommendation" on the ferry service.

THE CANADIAN PRESS



Nickelback set to ignite Magnetic Hill

Nickelback performs during the halftime show at the 99th CFL Grey Cup last November in Vancouver. The band will perform at Moncton's Magnetic Hill on Saturday, July 7th alongside other popular acts, including Three Days Grace, I Mother Earth, Arkells, My Darkest Days and Gloryhound.

DARRYL DYCK/THE CANADIAN PRESS

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Controversy

B.C. ads offering gender selection criticized

The federal cabinet minister responsible for the status of women is condemning advertisements running in B.C. that offer gender selection for couples wanting a baby.

Rona Ambrose says she's disturbed by the ads that target B.C.'s Indo-Canadian community. A clinic in Bellevue, Wash., offers pre-conception gender determination services for what the ads call "family balancing purposes."

Ambrose says it's clear the ads are targeting cultural attitudes that perpetuate discrimination against girls.

THE CANADIAN PRESS

Protests

Quebec calls for truce with student protesters

The Quebec government is calling for a "truce" from student groups — for just a few hours — before it agrees to any meeting.

It wants the prov-

ince's three main student groups to swear off disruptive protest tactics like those that have flared up across Quebec in recent weeks.

So far, the province and student groups have been unable to agree even on conditions for a meeting, with the presence of the most radical group, called the C.L.A.S.S.E., still a main sticking point.

THE CANADIAN PRESS

Fighter jets

Air force questions training budget

The air force has raised questions about whether enough has been budgeted to train pilots for the F-35 stealth fighters.

About \$1.3 billion was set aside for training, simulators and other infrastructure under the Harper

government's proposed \$9-billion capital purchase of the radar-evading jets.

But documents obtained under the Access to Information Act show air-force planners have been concerned about the dollar projection.

That's because it was calculated for the standard Defence Department estimate of 20 years of flying, rather than the lifetime of the aircraft, which is estimated at 36 years. THE CANADIAN PRESS

Oda repays taxpayers for stay at posh hotel

Conference controversy.

International development minister racks up sizable bills at swanky Savoy

International Development Minister Bev Oda repaid taxpayers Monday for the cost of rejecting one five-star hotel in London, England, and rebooking at a swankier establishment at more than double the rate.

Oda's office revealed the reimbursement about eight hours after The Canadian Press first reported the hefty lodging bills and three days after the agency began asking questions about the expenses.

Spokesman Justin Broekema said Oda paid the fee difference between the two hotels, as well as the cancellation fee at the first one.

Oda was originally supposed to stay at the Grange St. Paul's Hotel, site of the conference on international immunizations she was attending.

Instead, she had staff rebook her into the posh Savoy overlooking the Thames, an

old favourite of royalty and currently owned by Prince Alwaleed of Saudi Arabia.

Oda had a luxury car and driver in London shuttling her between the conference site, her new hotel and beyond at an average cost of nearly \$1,000 a day. There was no indication from her office whether any of those travel costs were reimbursed.

An orange juice Oda expensed from the Savoy cost \$16.

"The minister preferred not to stay at the Grange St. Paul's upon our arrival there and we had to pay," says a note on an expense sheet.

In last month's budget, the Canadian International Development Agency suffered cuts that rang in this year at \$380 million.

A political staffer traveling with Oda stayed at the cheaper hotel, which is no shack — it features views of St. Paul's Cathedral, an enormous glass atrium, four restaurants and five bars.

While in London, Oda represented Canada at a donors conference for the GAVI Alliance, a global health organization that works to immunize children in poor countries.

THE CANADIAN PRESS



International Development Minister Bev Oda, at a donors conference in London. BEN FISHER/THE CANADIAN PRESS

Big spender

The switch is reminiscent of a controversial trip six years ago, when Oda rejected a minivan for transportation and opted for a limousine instead.

- **Juno Awards.** In 2006, she used limousines to ferry her to and from the Juno Awards in Halifax, racking up \$5,475 in bills.
- **Payback.** When the expenses were criticized in the House of Commons, she said she had reimbursed the federal treasury \$2,200.
- **And ... again.** A year later, Oda billed taxpayers more than \$1,200 for another limousine ride to a government event and party activity.

Quotable

"Can one night at the Savoy be justified? I suppose if you're in a high-flying rock band, but as a minister who's meant to be engaging with the world's most poor, most needy and coming from a government that's demanding that Canadians tighten their own belts, the hypocrisy is reeking."

Nathan Cullen, NDP House Leader

Man suspected in couple's death hit with charge



Marie and Lyle McCann were murdered in the summer of 2010. HANDOUT

A man long identified by police as a suspect in the deaths of an Alberta couple who were last seen nearly two years ago has been charged with first-degree murder in their deaths.

Mounties first named Travis Vader as a person of interest in the case on July 16, 2010 — 13 days after Lyle and Marie McCann were last seen alive and the same day their SUV was found east of Edson.

He has been in custody ever since on unrelated charges. Investigators moved on the murder charges over the weekend, even though the

McCanns' bodies still haven't been found.

"This is an excellent day. As a family, we're all relieved. We've waited a long time for this arrest," said Bret McCann, the couple's son.

"What happened to my parents? We're hoping that this will come out and I'm actually hoping that Mr. Vader can in the short term here (provide) some of these answers and maybe help us locate my parents."

The McCanns left St. Albert, a city bordering north-east Edmonton, on July 3,

2010. They were heading to British Columbia in their motorhome and towing their Hyundai Tucson.

Two days later, their burning motorhome was found about 200 kilometres west of Edmonton, minus the SUV. There was no sign of the McCanns.

About a month later, RCMP took the unusual step of going public with their suspicions around Vader, 40. He publicly remained a suspect in the case until this weekend, when the murder charges were laid.

THE CANADIAN PRESS

Suspect

Police announced a man-hunt for Travis Vader in July 2010.

- **Arrest.** He was arrested on unrelated outstanding warrants after tactical officers surrounded an isolated home.
- **Charges.** Vader will make his first court appearance on the murder charges on May 15.

Teenager's ball drifts from Japan to Alaska

Prized Possession.

One of the first pieces of debris from last year's tsunami to wash up on the other side of the pacific

A teenager who lost his home in Japan's devastating tsunami now knows that one prized possession survived: a football that drifted all the way to Alaska.

Officials from the National Oceanic and Atmospheric Administration say the ball with the youngster's name inscribed on it is one of the first pieces of debris from last year's tsunami to wash up on the other side of the Pacific.

A man found the ball while beachcombing on an Alaskan island, and his wife, who is Japanese, talked with its owner, 16-year-old Misaki Murakami, by phone over the weekend. They plan to send the ball back to him soon.

Murakami, from the town



David and Yumi Baxter hold a soccer ball and a volleyball which David found. THE ASSOCIATED PRESS

of Rikuzentakata, is surprised and thankful the football, or soccer ball, has been found more than 5,000 kilometres (3,000 miles) away.

"It was a big surprise. I've never imagined that my ball has reached Alaska," Murakami told public broadcaster NHK. "I've lost everything in the tsunami. So I'm delighted," he said. "I really want to say thank you for finding the ball."

THE ASSOCIATED PRESS



Snow blankets spring blooms

Cold temperatures churned up the east coast of Canada and the United States Monday, unleashing a burst of winter and up to a foot of snow in higher elevations inland, closing some schools and sparking concerns of power outages. CHRIS KNIGHT/THE ASSOCIATED PRESS

U.S. presidential race

Romney's new employee lambastes women

Mitt Romney's decision to appoint an openly gay man as his foreign policy spokesman has angered social conservatives, not surprisingly — but the Republican front-runner's new employee has also caused him trouble with another demographic he's trying to woo: women.

Richard Grenell's Twit-

ter feed was recently rife with snide remarks about various female political figures, from Michelle Obama to Hillary Clinton and Calista Gingrich.

He's reportedly scrubbed more than 800 tweets in recent days, but they live on after being unearthed and archived by news outlets shortly after Romney announced his appointment.

"Hillary is starting to look like Madeleine Albright," Grenell tweeted recently about Secretary of State Clinton, comparing her to the first woman

to hold the job after being appointed by Bill Clinton in the 1980s.

Other tweets took aim at the third wife of Republican presidential hopeful Newt Gingrich.

"Callista stands there like she is wife #1," Grenell wrote. Another tweet read: "Do you think Callista's hair snaps on?"

In a jab at the first lady, a fitness devotee, Grenell claimed Obama was "sweating on the East Room carpet" after working out. He also ridiculed her grammar after she made a speech in

North Carolina.

Female celebrities were not immune from his barbs.

Rachel Maddow, a talk show host on MSNBC, is a "dead ringer for Justin Bieber," Grenell tweeted, and should "take a breath and wear a necklace."

As he watched the Golden Globes in January, Grenell had some indirect advice for unnamed older actresses: "Note to children: when your mom is a grandmother DO NOT let her wear backless dresses."

THE CANADIAN PRESS

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The superheroes of your youth may no longer be complete fiction. Across the globe, masked avengers guard the streets to prevent and fight crime. Within a community that seems like a fantasy world, some people have pushed their childhood dreams further. Approximately 600 superheroes, often disguised by costumes, protect their communities in different ways. Alone or with teammates, these men and women patrol the streets of their cities to help those in need, often risking their own lives. We call them:

REAL-LIFE SUPERH



Superheroes, from left, Life, Zetaman, Crimson Fist, KnightVigil, Super Hero, Mutinous Angel, Motor Mouth, Geist, Z, Thantos, DC's Guardian, Phantom Zero, Nyx, Ragensi, Deaths Head Moth, Civitron, Zimmer, Citizen Prime, Dark Guardian and Master Legend.



NADIA FEZZANI
For Metro Canada

Although some might think they're crazy, Real-Life Superheroes (RLSH) are regular people who want to make a difference in the world. They are journalists, teachers, bouncers, business people, truck drivers, cashiers. When they put on their masks or outfits, they become the superheroes they want to be.

Some patrol the streets at night to fight crime. Many raise funds and do charity work for specific causes. Many give aid to those affected by natural disasters. However, one specialty does not limit the causes to which an RLSH contributes.

Surprisingly, documented Real-Life Superheroes have existed since 1969. Until a couple of years ago they were underground, trying not to be noticed. Some superheroes have been active for more than

20 years.

Many RLSH are motivated by their personal experiences. A victim of domestic abuse might raise funds for the cause. And a victim of violent crime might patrol the streets to keep people safe. Some RLSH are seeking fame, others do it for fun.

Whatever the motivation may be, fulfilling the mandate is not an easy task.

Some superheroes work every other weekend, while others patrol three to five nights a week. Several of them have children.

With no financial help, it can be an expensive activity — many superheroes offer water, food and warm clothing to their "wards" who live on the street.

Equipment costs can run high — cameras, walkie-talkies, pepper spray, Tasers.

Costumes — or uniforms, as some call them — are another consideration. Some choose them to be friendly-looking while others want

to intimidate law-breakers. Some can't be disguised at all, based on state and local law.

Depending on the danger of what they do, some superheroes must be cautious not to reveal their identities; the suspects they have helped get arrested could seek retaliation.

Does this sound like a job for you?

As Sage Michael reminds us in his book *How to Become a SuperHero*, not all fictional superheroes have super powers. Batman and Iron Man are the most human personas: Mortal, with strengths and weaknesses.

What is not negotiable: Good values, positive motivation and training for the task. Control and respect are important, too, as many new RLSH sometimes push the limit too far, becoming vigilantes. The goal is to use their strength for the right motives, to respect the law and let authorities do their work.

Quoted

"In 2007 there had been floods in Minnesota, so I bought a lot of supplies to distribute. After dropping them off in two cities, a pastor in Lewiston told me, 'If you can get into Stockton...!' They got hit hard. There were mud slides and rock falls. The roads were barely passable. Homes were destroyed and there were several fatalities. The Salvation Army was at the emergency centre with a truck for support. I was also there with a small truck. As I was carrying the bags, I saw a highway patrolman on foot. Being in full costume, I momentarily surprised the officer, and he instinctively put his hand on his Taser. I asked, 'Where can I put these supplies?' He said, 'Ah! Right over here.' I said, 'OK, great! I have a truckload more.' He said, 'Do you want help?' And I said, 'No, sir! I'm a superhero.' And he laughed. I think it was the first laugh he had all day."

Geist

This superhero devotes his efforts to helping the homeless and those touched by tragedy



In Metro Wednesday

- **Thantos.** Meet Vancouver's very own superhero.
- **Plus:** Female superheroes

In Metro Thursday

- **Super villains vs. Superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- **Geist: The "Green Space-Cowboy" superhero.** Dressed in a long trench coat, cowboy hat and a green scarf covering his face, Geist's costume is often described as "green space-cowboy chic." He focuses his efforts to help those who need it most, the people whose lives have been touched by tragedy and homelessness.



Get to know your friendly neighbourhood superheroes

EROES



PETER TANGEN/FOR METRO

From the West Coast to the East Coast, more than 15 RLSH are active in Canada. Some patrol the cities at night to fight crime, help others and provide first aid; others stand against bullying, perform community outreach and champion different causes.

CANADA

USA

Aeon Star — Quebec City

Patrolling at night with his team, Aeon Star wants to "diminish violence and pass the message that anyone can make a difference. We raise funds for foundations that help victims of bullying and walks to schools and parks to make people aware of our availability in case they need help."

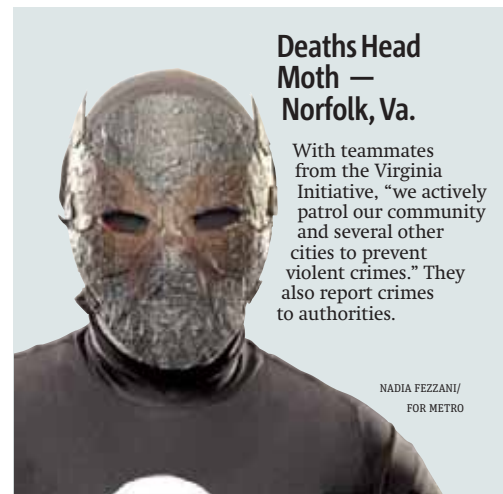
NADIA FEZZANI/
FOR METRO



Deaths Head Moth — Norfolk, Va.

With teammates from the Virginia Initiative, "we actively patrol our community and several other cities to prevent violent crimes." They also report crimes to authorities.

NADIA FEZZANI/
FOR METRO



Polarman — Iqaluit

Polarman visits schools to speak to children. "I wanted to help people. I am tired of seeing people always picking on those weaker than themselves, so I vow to fight back against bullies and all other forms of abuse. I try to get everyone to work together."

NADIA FEZZANI/
FOR METRO



Dark Guardian — New York

Dark Guardian confronts and exposes drug dealers in a N.Y.C. park. "I have seen a big difference." He also gives food and clothing to homeless people.

NADIA FEZZANI/
FOR METRO



Cross-border showdown. Canadian- vs. American-style superheroes



In Canada, violence is much less frequent than it is in the United States.

For that reason, Canadian RLSH are less likely to fight crime than they are to support social causes.

For example, some make presentations in schools to raise awareness about bullying; others raise funds to support the homeless.

In the United States,

superheroes do similar things, but more superheroes will patrol the streets at night, concentrating on violent areas.

Depending on the state they

live in, they may carry pepper spray and Tasers, and a few carry guns, which is illegal in Canada.

NADIA FEZZANI/FOR METRO CANADA



Timber Wolf — Mississauga, Ont.

At the age of 17, Timber Wolf wanted to make his community a better place. "I just see all sorts of problems but I need the help of the people to fix them. I'm not a vigilante. I'm not beating up bad guys like in comic books." He wears a mask as a symbol for peace.

NADIA FEZZANI/FOR METRO



Hazmat CitizenCrusader & Nightingale CfourOracle — Portland, Ore.

Hazmat and Nightingale perform homeless outreach and raise funds for charities like March of Dimes and shelter refurbishment. "We also participate in neighborhood-watch activities to a lesser extent, due to a low crime rate locally."

NADIA FEZZANI/
FOR METRO





George Zimmerman, left, walks out of the intake building at the John E. Polk Correctional Facility with an unidentified man on Sunday in Sanford, Fla. BRIAN BLANCO/THE ASSOCIATED PRESS

Zimmerman released on bail

Shooting case. Now-infamous neighbourhood-watch volunteer headed to unknown location

In a low-key event, George Zimmerman was released from a Florida jail on \$150,000 bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighbourhood-watch volunteer walked out of the Seminole County jail around midnight Sunday. He was following another man and the two then got into a BMW and drove away. Zimmerman gave no statement as he left the suburban Orlando jail.

His ultimate destination is being kept secret for his safety and it could be outside Florida.

As with the 2011 release of Casey Anthony, the Florida woman acquitted of murder

in the death of her daughter, Zimmerman was released around midnight. But the similarities end there. While news helicopters briefly tracked her SUV through Orlando before she slipped from public view, there was no such pursuit of Zimmerman, who will have to return for trial.

Circuit Judge Kenneth Lester said at a hearing Friday that Zimmerman cannot have any guns and must observe a curfew. **THE ASSOCIATED PRESS**

Norway. Breivik claims sanity tests are 'racist'

Anxious to prove he's not insane, confessed mass killer Anders Behring Breivik told a court Monday that questions about his mental health are part of a racist plot to discredit his extreme anti-Muslim ideology.

Breivik, who has admitted to killing 77 people in a bombing and youth-camp massacre, said that no one would have asked for a psychiatric examination had he been a "bearded jihadist."

"But because I am a militant nationalist, I am being subjected to grave racism," he said. "They are trying to delegitimize everything I stand for."

Breivik rejects criminal guilt for the rampage on July 22, saying the victims had betrayed their country by embracing immigration.

Even the defence admits there is virtually no chance of an acquittal, so the key issue to be determined in the trial is whether Breivik is criminally insane.

Two psychiatric examinations reached opposite conclusions on that point. In a statement to the court, the Norwegian Board of Forensic Medicine asked for additional information from two psychiatrists



Anders Behring Breivik, left, and his defence lawyer Geir Lippestad. HEIKO JUNG/THE ASSOCIATED PRESS

who found Breivik sane, saying their report was incomplete.

Breivik himself insists he is sane, and accuses the prosecutors of trying to make him look irrational. "I know I'm at risk of ending up at an insane asylum, and I'm going to do what I can to avoid that," he told the court.

Breivik became defensive as prosecutors quizzed him about sections of the 1,500-page manifesto he posted online before the attacks. It describes uniforms, medals, greetings and codes of conduct for the "Knights Templar" militant group that he claims to belong to. Prosecutors don't believe it exists.

THE ASSOCIATED PRESS

Evidence

Gun found in case of murder-kidnap

Bloody jeans and a handgun believed to be the murder weapon were found in the apartment of a Texas woman accused of kidnapping a newborn boy after fatally shooting his mother, authorities said at a Monday hearing.

Verna McClain, who is accused of shooting Kala Golden outside a Houston pediatric centre last week and abducting her 3-day-old son, will remain jailed after a judge denied her bond at the hearing. The boy was later found safe.

Investigators believe McClain was desperate for a baby after suffering a miscarriage, and her attorneys have said they planned to review her mental state.

"This was a cold, calculated murder, not only meant to deprive Kala Golden of her life, but to abduct her child," District Attorney Brett Ligon said during the bond hearing. A detective said McClain initially told investigators she found the baby on her doorstep, but authorities say she later confessed.

THE ASSOCIATED PRESS

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For more information on Lorry and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Trial. Jennifer Hudson testifies in emotional triple-murder case

Oscar-winner Jennifer Hudson broke down in tears Monday while testifying at the trial of the man accused of killing her mother, brother and 7-year-old nephew in a jealous rage four years ago.

Hudson was the first witness called after prosecutors and attorneys for William Balfour finished their opening statements. During her brief but emotional testimony, she told jurors her family didn't want her sister to marry Balfour and she spoke about the last time she saw her family members.

The singer and actress, who wore a subdued black dress and whose hair was wrapped in a bun, at first seemed composed as a prosecutor began asking her questions. But the testimony became increasingly difficult, and she began crying when talking about seeing her family the Sunday before the killings and later when a prosecutor showed her a picture of her mother.

Her voice also broke as she described her reaction when her sister, Julia Hudson, told her she was going to marry Balfour.

"None of us wanted her to



In this courtroom sketch, singer and actress Jennifer Hudson testifies at the murder trial of William Balfour. TOM GIANNI/THE ASSOCIATED PRESS

marry him," she said, her voice cracking and struggling to hold back tears. "We did not like how he treated her," she said.

Balfour has pleaded not guilty to three counts of first-degree murder in the October 2008 slayings.

Early on during Hudson's testimony, a prosecutor asked her to identify the defendant. Hudson poked her head around the judge's bench and pointed at Balfour. THE ASSOCIATED PRESS



Case begins against disgraced senator

Former presidential candidate and U.S. Sen. John Edwards arrives outside federal court on Monday with his daughter Cate in Greensboro, N.C., for his trial on charges of violating federal campaign finance laws. Opening statements began Monday. Edwards, 58, pleaded not guilty to six criminal counts related to nearly \$1 million in secret payments from two wealthy supporters. Much of the money was used to hide the then-married politician's pregnant mistress during his 2008 White House campaign. CHUCK BURTON/THE ASSOCIATED PRESS

Secret Service scandal

Security clearance suspended

Defence Secretary Leon Panetta says the Defence Department has suspended the security clearance of military members who are being investigated for their possible roles in the Secret Service sex scandal that took place in Colombia earlier this month.

"My biggest concern is the issue of security and what could possibly have been jeopardized by virtue of this kind of behaviour," Panetta said.

THE ASSOCIATED PRESS

Ted Nugent

Rocker to plead guilty to hunt

Rocker Ted Nugent is scheduled for a Tuesday court hearing in Alaska and expected to plead guilty to transporting a black bear he illegally shot and killed in May 2009 on Alaska's Sukkwan Island.

The conservative activist signed a plea agreement with federal prosecutors filed Friday in U.S. District Court.

THE ASSOCIATED PRESS

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Trade talks ramping up

'End game.' The hardest part remains in free-trade talks between Canada and the EU: Official

Free-trade talks with the European Union are nearing the "end game," although the most difficult issues still remain on

the table, the head of the EU council said Monday.

Pia Olsen Dyhr, the Danish trade minister and president of the council, said she was optimistic a deal could be struck within six months.

"We are actually at the end game. At the moment we have finalized 75 per cent. It's been one of the most forthcoming negotiations" the EU has ongoing, she told a news conference with Canadian Trade Min-

ister Ed Fast.

"I see that coming soon and we might expect within a half a year we have finalized the agreement."

Fast was more circumspect in his comments, saying progress was being made at a "satisfactory pace" and he hoped for an agreement by the end of the year.

The talks on a Comprehensive Economic and Trade Agreement would establish the most

wide-ranging trade deal Canada has ever entered, encompassing not only goods, but investment and services, and provincial and municipal government procurement.

Analysts have noted that Ottawa once promised a deal would be struck by the end of last year, suggesting that the contentious parts of the negotiations were proving more difficult to crack than expected.

THE CANADIAN PRESS



Pooches picket too

American Airlines flight attendants and supporters picket in front of the American Airlines passenger terminal at San Francisco International Airport on Monday. Among other issues, the airline wants to eliminate 13,000 union jobs, freeze or terminate pension plans, curb health benefits and reduce time off. PAUL SAKUMA/THE ASSOCIATED PRESS

A MESSAGE from CAPITAL HEALTH

To the citizens and taxpayers we serve...

Capital Health is preparing for a likely strike that will affect hospitals, clinics and other health care centres in Halifax Regional Municipality and West Hants.

NSGEU Local 42 has provided notice that it intends to strike on Wednesday, April 25.

Services across Nova Scotia and care for patients from other Atlantic provinces will also be impacted.

We remain committed to resolving this dispute. However, until an agreement is reached, it is our responsibility to be prepared for a strike. We continue to reduce our clinical activities in order to be ready. Our commitment, as always, is to deliver the safest care we can under the given conditions.

During a strike, here's what you need to know:

- **If you need medical care:**
 - For routine care and treatment of urgent, non-life threatening health conditions, call your family doctor.
 - For emergency health care, visit your nearest emergency department or dial 911.
 - For general health care advice from a registered nurse, dial 811.
 - An "emergency services" agreement is in place with the union; care will only focus on situations where life is in danger.
 - Surgeries and diagnostic imaging (MRI, ultrasound, PET/CT, X-ray) will be limited to emergency cases; others will be postponed.
 - If your appointment or surgery needs to be postponed, you will be contacted and arrangements will be made to reschedule.
 - Care will continue for patients already on dialysis, chemotherapy and radiation therapy; most other outpatient clinics will close.
 - Blood collection will only be available for individuals requiring immediate testing.
- If your requisition for blood work is not urgent, please do not complete it at this time.**

For up-to-date information, visit www.cdha.nshealth.ca, call 473-2700 in Halifax (1-855-473-2700 toll-free) or e-mail: yourcare@cdha.nshealth.ca.



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Q1. Facebook reports lower income vs. 2011

Facebook's first-quarter net income fell 12 per cent, weighed down by higher expenses even as its revenue soared, the social-networking company said Monday, just a few weeks ahead of its expected initial public offering in May.

Facebook said in a regulatory filing that its net income fell to \$205 million US in the three months that ended March 31, from \$233 million a year earlier.

Net income attributable to common shareholders fell to \$137 million from \$153 mil-

lion. That amounts to earnings of nine cents per share in the latest quarter, down from 11 cents a year earlier.

The company said its revenue rose 45 per cent to \$1.06 billion. Facebook said it had 901 million monthly active users as of March 31, up from \$845 million as of the end of 2011.

The number of people using its mobile applications each month grew to 488 million as of the end of the quarter from \$432 million as of the end of last year.

THE ASSOCIATED PRESS

Transformers

Illegal dumping investigated

The Canada Border Services Agency (CBSA) said Monday that it has launched an investigation into allegations of dumping of electrical transformers by South Korea.

The inquiry is regarding liquid dielectric transformers with a top capacity of 60,000 kilovolt amperes or more.

THE CANADIAN PRESS

Medical marijuana

Canadian firm hopes to convert mine to grow-op

A Canadian biotechnology company wants to cultivate medical marijuana in a former copper mine in Michigan's Upper Peninsula.

Prairie Plant Systems Inc. of Saskatoon would need approval from state and federal officials to convert the mine.

THE ASSOCIATED PRESS



NETWORKING AND THE ART OF MAKING FAKE FRIENDS



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while — and always against my will — I find myself in a situation in which I am expected to “network.” The thing about being a writer is that you end up becoming very skilled

at typing, not talking. Consequently, standing in a room full of other less-than-chatty individuals can be painfully awkward.

We all know the importance of networking when it comes to job seeking. Maybe you know this from experience or from a professional development class or from your know-it-all uncle who is constantly reminding you: “It’s not what you know, it’s *who* you know.”

I know a few MBA candidates who have been required to attend mandatory networking events to brush up on their schmoozing skills. Students learn the importance of eye contact, exchange glad-handing tips and go head to head against each other in timed business-card-collecting competitions.

Too much mix, not enough mingle

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

While these formal networking exercises seem a bit superficial, business logic suggests that a stellar resume means nothing in a world where being unconnected results in being unemployed.

Unfortunately, this is bad news for introverted folk who do not excel at small talk with strangers. I might have plenty to say in writing, but social

networking in real life is an entirely different story. My idea of “working the room” is nibbling on appetizers and hiding in a corner with my smartphone until it’s appropriate to leave.

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

But even with a glass of wine in hand, I have a difficult time selling myself and an even harder time listening to everyone else’s elevator pitch. I always find myself wondering, do we really have to have a conversation? Can’t you just follow me on Twitter?

Yes, I realize this makes me sound socially inept, but hear me out. It’s not that I’m bad with people — I actually think I’m quite good when it comes to socializing — but this form of instantaneous faux-friending just isn’t my specialty.

I don’t know how to win friends and influence people but I do know how to nurture real friendships over a long period of time, and that’s far more important.

After all, at the end of the day, life isn’t really about the number of business cards in your wallet.

One of these things is not like the other



E. LAZAREVA / FAR EAST RUSSIA ORCA PROJECT (FEROP)

Black sheep

World’s first ever white orca found?

RUSSIA. Scientists have spotted what they believe to be the first ever all-white adult orca, or killer whale, off the coast of Russia’s Kamchatka Peninsula in the north Pacific Ocean.

The male, named Iceberg, was discovered by the international Far East Russia Orca Project (FEROP) near the Commander Islands. “He’s a symbol of all that is pure, wild and extraordinarily exciting about the ocean,” said Erich Hoyt, the co-head of FEROP.

METRO

Part of the pack

2 metres

Iceberg’s dorsal fin, the first visible sign of this unique orca, spans two metres. He lives in a family “pod” with 12 relatives. Twelve years of research have shown that his pod is one of 61 identified orca units in the region. “This discovery is spectacular,” says Hoyt, who also serves as a senior research fellow at the Whale and Dolphin Conservation Society.

60 seconds



Erich Hoyt
Is this whale albino?

We are currently not sure. We need to check his eyes for a pink pigmentation to be certain.

Is he perhaps treated differently because of his colouring?

Family bonds are very strong

among orcas. There is no evidence that he is an outcast.

Is there a danger his life could be under threat?

The remoteness means he’s away from human contact but recent seismic surveys for oil and gas in the region could disturb orcas in the future. This is something of concern.

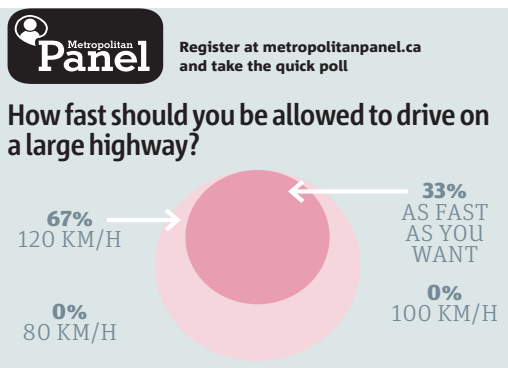
You have found your white whale. Did anyone compare you to Ahab from Moby Dick?

I hope not! From the time of Ahab, we have come a long way in terms of our understanding of whales.

ANTHONY JOHNSTON/METRO



Solving the networking puzzle, one piece at a time. ISTOCK



Twitter

@lillazuck: It’s storming up in Halifax today - hope the cast and crew of #Haven is staying warm and cozy!

@katiestockdale: Somehow, I coordinated an epic girls night. Monday night martinis at the Bitter End? Yes please! #Halifax

@aldouglas: if capital health workers in halifax strike, I will be a wrecking ball. family has waited too long already for this operation to happen.

@CBtransplant: there sure are a lot of puke piles around halifax for a monday evening.

@Nursy: Rush hour + one lane on bridge close + accident on that bridge = wow it’s going slow

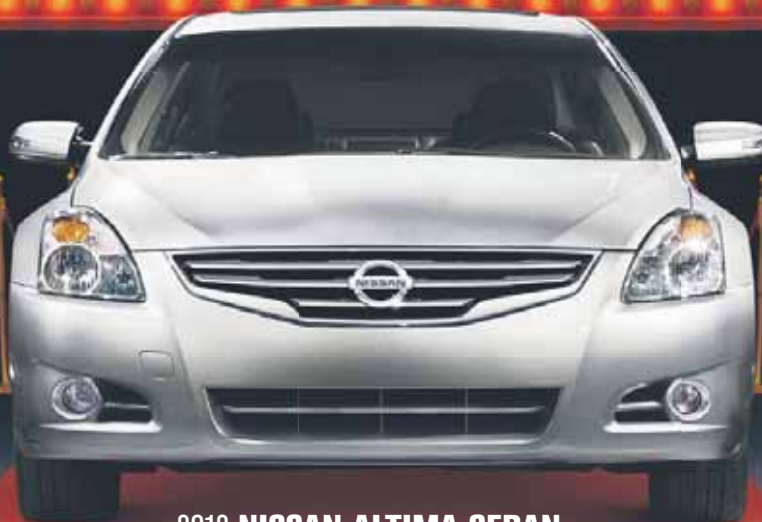




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HURRY IN! OFFERS END APRIL 30, 2012.

2

SCENE

Scene in brief

Giuliana and Bill expecting

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Last fall, 37-year-old Giuliana announced she had breast cancer and later underwent a double mastectomy. She did not need chemotherapy. Giuliana is the host of E! News. Bill is a 40-year-old entrepreneur and motivational speaker who won the first season of Donald Trump's *The Apprentice*. Together, they co-star in a reality show on the Style Network called *Giuliana & Bill*. Much of the show has been devoted to their fertility issues.

THE ASSOCIATED PRESS

Rhoda Morgenstern memoir in the works

At last, the truth about Rhoda Morgenstern. Valerie Harper, the actress who played one of television's most beloved sidekicks, is working on a memoir called *I Rhoda Book*. The memoir is scheduled for January 2013 and would feature Harper's years on *The Mary Tyler Moore Show* and as star of the spinoff series *Rhoda*.

THE ASSOCIATED PRESS

On the web



Carrie Underwood, Miranda Lambert lead CMT Awards nominations



Hugh Grant is the voice of an inept pirate captain angling to be pirate of the year in *The Pirates! Band of Misfits*. HANDOUT

It's a pirate's life for director Peter Lord

Comedic casting

Captain Hugh Grant

Peter Lord banked on Hugh Grant's comedic prowess when casting him as the Pirate Captain in *The Pirates!* "I really wanted a star for the thing. Hugh is probably the shining example of his generation of a comic actor (so) there was a kind of leap of faith there that he could do it," said Lord.

Pirate Pete

Two key films that inspired director Peter Lord:

- **Treasure Island (1950)**
"Treasure Island is such a great story!"
- **Captain Blood (1935)**
"There are some very great fight scenes, which we hope to use in the sequel."

Underdog story. In Lord's latest animated imagining, a nitwit pirate (voiced by Hugh Grant) pursues a pirate of the year award

STEVE GOW
scene@metronews.ca

Whether it's Wallace & Gromit or last year's Arthur Christmas, it seems the Aardman animation company likes to deal in underdogs.

"I always do like those stories," said company co-founder Peter Lord recently in Toronto.

"It's definitely not part of the mandate but it does come very naturally, I have to say."

Now with his latest turn directing *The Pirates! Band of Misfits* (in theatres this Friday), the Oscar-nominated filmmaker brings to life another lovable nitwit in the Hugh Grant-voiced Pirate Captain — a delightfully inept swashbuckler with eyes on the Pirate of the Year award.

Quoted

"It's as simple as this — kids like to see adults behaving badly. These pirates ... they're not very dangerous. ... But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The Pirates! Band of Misfits director Peter Lord

"The Captain is an interesting (character) because he's the underdog but he's quite blind to it," explained Lord.

"He's very unaware of what's going on around him so his complete unfittedness to be Pirate of the Year — he doesn't see at all and I find that charming."

"Delusion is charming," he adds.

Half of the strange allure is in the simple archetype of the pirate.

For decades, sea-faring buccaneers have been entertaining moviegoers of all ages — including Lord.

"It's as simple as this — kids like to see adults behaving badly," said the filmmaker.

"These pirates, let's face it, they're not very dangerous, they're not going to

hurt anyone. But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way," Lord adds.

The challenge of making *The Pirates!* was a special kind of lure for Lord specifically.

His love of the craft undeniable, Lord's reasons were straightforward in returning to traditional stop-motion animation after making the computer-generated *Arthur Christmas*.

"A million elves, that sounds like CG," said Lord. "But a wooden tub of a pirate ship with bits falling off it and a crew of shabby rogues on board — that sounds like stop-frame to me."

DVD reviews



Contraband

Director. Baltasar Kormakur

Stars. Mark Wahlberg, Giovanni Ribisi, Kate Beckinsale

The proverbial "one last job" takes on family urgency when a former smuggling ace (Mark Wahlberg) is obliged to do a risky Panama run to save his wife (Kate Beckinsale) and kids from a vengeful drug lord (Giovanni Ribisi).

Director Baltasar Kormakur, who played the lead in the Icelandic original *Reykjavik-Rotterdam*, stays in close and dark in this heavily plotted drama, which doesn't really pick up steam until the final reel.

A smart tough-guy turn by Wahlberg gets good ensemble support (including Ben Foster and J.J. Simmons), all of which helps keep *Contraband* from being just another crime story.

So does the step-by-step procedural on the mechanics of smuggling, which perks interest even while the action threatens to flag.

Extras include a director/producer commentary, deleted scenes and making-of featurettes.

PETER HOWELL

Sleeping Beauty

Director. Julia Leigh

Stars. Emily Browning, Rachael Blake, Ewen Leslie

There are no handsome princes or enchanted forests in *Sleeping Beauty*. In fact, there's not a whole lot of anything, apart from carefully arrayed nudity and some kinky behaviour that daren't risk a censor's wrath. Eros snores.

This debut feature by Julia Leigh, an Australian novelist turned director, is afraid to explore the grim subject of female exploitation it meekly approaches. Extras include interviews and the movie's trailer.

PETER HOWELL

The Word

Drive it like Beckham



THE WORD
Dorothy Robinson
scene@metronews.ca

For only \$129,000, you can purchase an SUV designed by Victoria Beckham.

Because the rich don't have enough nonsense to spend their money on, Range Rover commissioned the former Spice Girl to help design a very limited edition of their new SUV, the Evoque.

Only 200 such vehicles will be made, with a price tag that is twice the cost of a regular model.

Does it matter that Beckham has zero experience in designing cars? Of course not!

"I did a lot of research — not just with cars, old and new, but boats, planes, movie stars, different locations," she told Reuters on Sunday in an interview in Beijing, where she was promoting the vehicle.

According to Reuters, the Beckham-designed vehicle features gold accents on

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Victoria Beckham. ALL PHOTOS GETTY IMAGES

the grille and gloss-black forged alloy wheels, as well as "vintage-inspired leather seats, rose gold-plated accents and ... trimmings of black lacquer, textured aluminum and mohair."

"I want a car that reflects

my personality. I'm really proud of this car," she told the Daily News.

Funny. You think a car that reflects Victoria Beckham would look eternally grumpy and be so tiny you could never fit into it.

Handler vs. Jolie rematch



Chelsea Handler

Chelsea Handler isn't letting go of her grudge. When asked in an interview with *More* magazine who she thinks is the opposite of a girls' girl, Handler says, "Probably Angelina Jolie. She doesn't strike me as someone I would have a close friendship with. You just know as a woman, when you see another woman, if that's a woman you can trust." Last year, Handler turned heads when she labeled Jolie "a home-wrecker."



Angelina Jolie

Sweet Katie, bah, bah, bah

Neil Diamond married his manager, Katie McNeil, this weekend in an intimate ceremony in Los Angeles, according to *Us Weekly*. The Sweet Caroline singer is 71, while McNeil is 42. Diamond took to Twitter last September to announce the engagement, posting, "Good news coming from sunny L.A., and you're the first I want to tell. Katie and I just got engaged, and I hope you wish us well."

Twitter



@octaviaspencer

very little tv here in Prague, so I am sure to be productive! still jetlagged. lots of rain in London



@ConanOBrien

Just heard the craziest recording of Mel Gibson speaking in calm and measured tones.



@adriengrenier

Thanks #TSA for another 'guilty until proven innocent' pat down at the airport. If we sacrifice freedom 4 safety & we sacrifice both.



@RichardDreyfuss

For the record: I thoroughly enjoyed the film *Last Action Hero*.

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LIFE

On the web



Spiritual guru Deepak Chopra takes pointers from Oprah on her 'LifeClass' tour

Triple threat



Scarlett Johansson

Having lost 10 pounds for the role in Iron Man 2, Johansson got back into kick-ass shape thanks to extensive martial arts training.



Robert Downey Jr.

His trainer, Brad Bose focused on resistance training using the rowing machine and treadmill and put him on a protein-rich diet.



Chris Evans

Evans' trainer, Simon Waterman, was told to make him look "lean, big and strong." After lots of squats and deadlifts, his body fat dwindled to 8 per cent.



Chris Hemsworth plays Thor, the hammer-wielding God of Thunder. HANDOUT

Try the Thor workout

Celebrity fitness.

Want to get Thor-sized biceps and a chiseled Thor-so? His personal trainer shares secrets to getting ripped

ROMINA MCGUINNESS
Metro World News

All Gods have superhuman qualities. In Thor's case, he has superior strength and speed — and major biceps. Unfortunately, we mere mortals — including Hemsworth — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender,"

he says. "Combining the two physical attributes isn't so easy, as it requires merging two different body types. However, it's not impossible."

To solve this problem, Knight created a system that can make you both lean and muscular.

How to get into superhero shape

Knight treated Hemsworth like an off-season bodybuilder:

"First I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

PHASE ONE: The 'Building'

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish get-ups, windmills,

bum squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer.

"Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift," he warns.

Food for the Gods

What you eat is crucial if you want to be strong.

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training, he was eating 6,000 calories a day, but working out so much that he was burning them right off. His

diet included huge quantities of grains, vegetables, lean protein and potatoes, on top of getting plenty of water and rest," Knight said.

By this point, Hemsworth was ripping through the arms of his Thor costume. Knight then had to get him back down to size.

PHASE TWO: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on 'infusion' training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledgehammers, log presses, prowler sprints and kettlebells.

"I had to get Chris moving quickly and constantly. Can't do a push-up? Hold a plank — so long as you keep doing something," says Knight.

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Embrace geek genes, says autism expert Temple Grandin

Childhood health. Early intervention can mean the difference between functional autism or being mentally disabled

LINDA CLARKE
Metro World News

The Centre for Disease Control in the U.S. recently announced that one in 88 American children has autism — a 78 per cent increase in cases from 2002 to 2008.

Dr. Temple Grandin has been dealing with autism all her life.

She's written books and lectured widely on the subject, earning much of her insight by dealing with her own autism, a story documented in the recent Claire Danes-led HBO biopic Temple Grandin.

"If there weren't autism, we'd have no engineers, artists and scientists," Grandin, whose new book is *Different ... Not Less*, tells Metro.

"I call it the 'geek genes.' If you look at films of mission control and the people operating the space program, it's definitely 'geek genes' at work there. Autism is a broad spectrum."

Grandin names Steve Jobs and Albert Einstein as being among the millions of people within the autistic spectrum, which ranges from mild to severe and includes variants like Asperger's syndrome and Heller's syndrome.

"Einstein didn't speak until he was three," she says.

Grandin didn't speak as a toddler either, but early inter-



Dr. Temple Grandin has been dealing with autism all her life. HANDOUT

vention and therapy meant the difference between being institutionalized as mentally disabled and who she is today — a Colorado State University professor with a Ph.D. in animal science and a world-renowned livestock expert advocating humane treatment and slaughter for farm animals.

Grandin says autism is complicated, and she thinks it's caused by a mix of genetics and environmental factors such as pesticides, medications absorbed in utero and

pesticides.

She advocates a healthy diet and supplements such as fish oil to prevent, or ease, the severity of the condition during the early development years.

"The most important thing is early intervention," Dr. Grandin says. "It's essential to identify the child's behavioral profile and build on their obvious skills. If they are good at art, encourage that. If they are good at math, build on that. It makes all the difference."

Best Health

Spring into new season by pet-proofing



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health magazine, we include information not only on how you can live your healthiest life, but we find expert tips on keeping your pet safe, too. In the May issue, on newsstands now, freelance writer Jackie Middleton looked into potential dangers that spring could bring.

Plant safely, says Dr. Jim Berry, a veterinarian who is vice-president of the Canadian Veterinary Medical Association. Ensure that lilies, hyacinths, daffodils and tulips are out of reach of inquisitive pets. Chewing on flowers, leaves or bulbs



of these plants exposes your pet to toxins that can cause excessive vomiting and diarrhea, or even death.

Pet-friendly lawn

Avoid insecticides, herbicides, cocoa mulch or slug bait. Even relatively safe garden products like fertilizer with bone meal, and cedar mulch, can cause life-threatening health problems such as intestinal blockages if eaten by your pet. Ask at the garden centre about pet-friendly products.

Pet-proof your shed or

garage

"These are no-go zones for pets," says Berry. Sharp tools such as shovels, pruning shears and rakes pose cutting hazards.

Antifreeze, mice or rat poison and barbecue briquettes can be lethal if ingested.

Finally, also check your fence to ensure winter's wear and tear hasn't created any pet-sized escape routes.

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Joojeh Kebob (\$12.99). VALERIE MANSOUR



LUNCH RUSH
Valerie Mansour
life@metronews.ca

Shiraz is tiny, the aromas are alluring and the owners are among the friendliest and

most charming in town.

The menu is divided mainly between kebobs and stews. Pictures are beside each item.

Joojeh Kebob (\$12.99) consists of two skewers of tender and tasty chicken thighs with a large serving of basmati rice, flavoured and coloured

with saffron. A stewed tomato adorns each end of the plate. It's a lovely dish that works well with a hit of one of the excellent house hot sauces.

Ghormeh Sabzi (\$10.99) is a mouth-watering, delicious, thick beef stew with red kid-

ney beans. It takes time to identify an unusual flavour until we uncover a chunk of dried lime. Impressed, we buy a bag to take home.

The Veggie Samosa (\$2.99) and the Lentil Samosa (\$3.50) are a bit greasy, but have great flavour.

Shiraz may be small, but its dishes are bold.

Visiting the restaurant

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Ingredients

- 4 oz (125 g) sliced peppered or herbed deli ham
- 4 oz (125 g) thinly sliced cooked pork loin
- 8 slices Gouda cheese
- 1/4 cup (60 mL) grainy mustard
- 1/2 cup (125 mL) sliced dill pickles
- 1 ciabatta loaf or vienna style baguette

1. Slice baguette in half lengthwise. Spread mustard on both sides of the bread. On bottom half of baguette, layer the ham, pork, cheese and pickles. Cover with other half of bread; slice in 4 equal sections. FINLANDICHEESE.COM/

ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR

Advice

In search of polygamy

Dear sisters,
My girlfriend and I have been together for more than two years and I think she's the woman I will end up marrying, but I still find myself wanting other women — to satisfy other parts of me. We've talked about having an open relationship and we're both into the idea. How do you

suggest we approach this without destroying what we have?
Polyconfused

Andrea: Dear Big Love,
I'm very happy to hear that you've discussed this with your significant other before engaging someone else romantically. No one likes to be included in a decision only after it's been made. The fact that your girlfriend is open to the idea in theory doesn't



TWO SISTERS
Andrea and Claire
Life@metronews.ca

mean that she will be in practice — she may be just going along with what you want, not realizing the emotional consequences

that this could have.

Ask yourself: are you trying to fill in "the other parts" with more women, when they aren't the answer? If the answer is "maybe" or "yes," hit the brakes and re-evaluate. If not, best of luck, sir.

Claire: Dear Poly,

Of course you still crave other women — you're human. But asking me how to have an open relationship is like asking a vegetar-

ian to eat headcheese — I simply don't get it.

The question is: what (other) parts of you need satisfying, and how important are these needs? Are you sure you can't fulfill them together?

If not, I would lay down some very clear ground rules for you both, about where, how and what you do with these other people. From what little I know, this is essential to keeping the peace.

Just be compliant, say good luck and move on



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

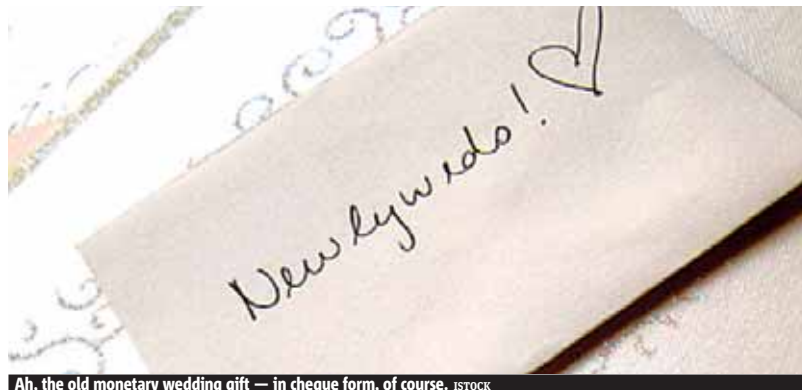
Hi Charles, I recently got this mass email from a friend who just got married, and would really like to know what you think? Personally, I am offended. Thanks, Lisa

"I'm sending this message to all of you who gave us money for our wedding gift (the best gift of all if you ask me!). Some of you gave cash and some gave cheques, but I'm not sure who gave which. Of the cheques, some were made out to my maiden

name and I was unable to cash them since I couldn't change my name with the bank until a few days ago (had to wait for the marriage certificate to do so). Now that I am able to cash them, I'm unable to find that special spot where I kept those cheques! If you provided us with a cheque made out to my maiden name, we would appreciate it if you could please provide us with a replacement cheque.

Dear Lisa,

Wow — what a conundrum, to say the least. I sincerely feel sorry for the bride, as I am sure she needs the money and it would help her as she starts her new married life.



Ah, the old monetary wedding gift — in cheque form, of course. ISTOCK

However despite the bride being wrong, if by chance you gave a cheque and know that it has not

been cashed, I would personally replace it and move on.

She doesn't know any

better, so best to just leave it. And wish her the best as she starts her married life with her new husband.

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- 5 The Wanted Glad You Came
- 4 Carly Rae Jepsen Call Me Maybe
- 3 Justin Bieber Boyfriend
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- 1 One Direction What Makes You Beautiful

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Buying a house? Don't go to the bank

Mortgage alternative. An independent mortgage broker often has access to better rates and more flexible repayment terms



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I sold my property last week and I'm in a mad scramble to find a new home. With my wish list in hand and a pre-approved mortgage under my belt, I'm confident I'll eventually find what I'm looking for.

Much to the chagrin of my financial planner, a bank employee, I've decided to use an independent mortgage broker rather than getting my mortgage from the bank.

Based on my research, mortgage brokers often have access to better rates and more flexible repayment terms.

Mike, my broker and an old pal from university, walked me through the pre-approved application process and reviewed my commitments to the bank where my existing mortgage resides. He then shopped my application around to multiple vendors and came back less than 24 hours later with a rock-bottom rate.

An independent mortgage broker isn't tied to any financial institution and instead works on your behalf, rather than the lender.

Because they are not employees of a lending institution, mortgage brokers are not limited in the products they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders

— banks, trusts, private companies and insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

In most cases, mortgage brokers are free. When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender based on size of the mortgage, not the rate.

If you're thinking of using a mortgage broker, choose

wisely. Get referrals from trusted friends or family members. Do your research in advance of meeting with them; know about current rates and structures. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

I love saving money, and based on my recent first-hand experience, using a mortgage broker will save me tens of thousands of dollars.



An independent broker isn't tied to a financial institution. ISTOCK IMAGES

Effecting change

Make your consumer voice heard



YOUR MONEY
Alison Griffiths
money@metronews.ca

You have tremendous power as a consumer when you use spending as leverage.

Gasoline prices recently hit \$4.93 a gallon in L.A. While Republicans are trying to pin it on President Obama, something amazing is occurring: American consumers are taking action. Through a combination of driving less and purchasing more fuel-efficient cars, they're using dramatically less gas.

The mini-revolution taking place south of the border reminds us that though we often feel impotent as consumers, we do have the power to effect change. Here are three ways I'm going to make my voice heard.

1. Say no to non-recyclable plastic containers

It drives me nuts that my favourite organic yogurt comes in a non-recyclable

container. The company is negating the organic good by using the wrong type of packaging. I will stop buying that brand and write a letter to the company to tell them why. From my experience, smart businesses pay close attention to each missive.

2. Cut my gas consumption

I already own a five-year-old Camry hybrid and I just replaced my 10-year-old farm truck, a Toyota Tundra, with a Ford 150 equipped with the Eco boost six-cylinder engine. It tows better than the eight-cylinder and gets almost twice the gas mileage.

Even so, I think I can conserve even more by cutting down on unnecessary trips, doing a longer list of errands each time I'm out and easing up on my pedal-to-the-metal tendency.

3. Deep six the phone companies

I'm sick of expensive phone service, the arcane complexity of the packages and interminable waiting in telephone queues to get service. I intend to investigate alternatives such as Vonage, Skype, Convergia and MagicJack and perhaps move to a text-only cellphone package.



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FORTUNE OR JUNK?

Here are some tips to separate the near worthless costume jewelry from the more precious pieces — and for the most part, you don't need any fancy equipment. Put a magnet (any one will do, even a fridge magnet) near each piece of jewelry. Precious metals don't stick to a magnet, but most costume pieces are made of steel. So if that ring sticks to the magnet, it's probably not worth much.

Use a magnifying glass (again, almost any one will do) to inspect the pieces that didn't stick to the magnet to determine their karat (kt). The mark is typically not readily apparent — on the inside of the back of a ring, for example — and may be worn off or too small to see with the naked eye.

Separate the pieces into piles of different karats since each has a different weight. Gold jewelry can vary from as low as 8 karat to up to 24kt, but in Canada most jewelry is made of 10kt, 14kt or 18kt gold. Weigh the various pieces separately on a scale that is calibrated in grams. Many ordinary kitchen scales have this capability (gold prices are quoted in troy ounces, each of which is equivalent to 31.1045 grams).

— Pauline Anderson



WHEN TO SELL YOUR GOLD



Bottom line: If the feeling is gone, so too is the reason for keeping the piece.

WHY SELL?

The most common reason people sell gold, of course, is that they need the money. Another reason to sell is if the gold is in a piece of jewelry that is damaged or broken.

If you have earrings without mates, for instance, a brooch with a clasp that no longer closes, an old watch that no longer tells time accurately, or a chain that is too twisted and kinked to wear, it may be a good time to sell. Jewelry repairs can be prohibitively expensive. A third common reason to sell is that the jewelry has gone out of style. The market for older jewelry is small, while there are many buyers for precious metals.

If you do choose to sell, make sure to shop around for a reputable buyer.

— Peter Doyle

THERE HAS NEVER BEEN A BETTER TIME TO CASH IN ON JEWELRY, COINS AND OTHER PIECES THAT CONTAIN THE PRECIOUS METAL

Although the price of an ounce of gold has dropped significantly since November 2011, it still stands at more than \$1,600, a three-fold increase since 2006.

Given these prices, it should come as no surprise to learn that the market for recycled gold (recovered from jewelry and other pieces) is strong. So how can you tell when the time is right to sell your gold?

People tend to buy gold either as an investment (e.g. gold bars, coins) or as an expression of affection (wedding ring, necklace, watch). For people who bought gold as an investment, deciding to sell can be relatively easy; if the value of your gold has increased enough and you feel you can do better by investing the money elsewhere, it's clearly time to sell. For those who bought gold for sentimental reasons, though, it can be a much harder decision. How do you feel about the piece now? If you sell, will you miss it a few years down the road?

WHAT DO GOLD BUYERS LOOK FOR?

A gold piece usually has a hallmark — a stamp identifying the percentage of gold it contains. Look for these hallmarks: 8kt, 9kt, 10kt, 14kt, 18kt, 21kt, 22kt 24kt, 417, 585 or 750. Gold buyers will not be interested in pieces marked with 1/10 GF, 1/20 GF, EGP or GP.



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4

SPORTS

QMJHL

Cuzner expected to miss Game 3

The Halifax Mooseheads don't expect winger Brad Cuzner to return from an upper-body injury on Tuesday against the host Rimouski Oceanic in Game 3 of the QMJHL semifinal. Cuzner, 19, has been out since taking a high stick in the face in Game 6 of the QMJHL quarter-final.

"It's hard to tell right now. We'll see (Tuesday), but there is more chances he will not be playing than playing," said Mooseheads head coach Dominique Ducharme.

THE CANADIAN PRESS

On the web



Albert Pujols got \$240 million US to come to Los Angeles as a free agent in the off-season, but he has yet to hit a home run in an Angels uniform in 2012. The slugger is mired in the second longest homer-less drought of his career and that is just one of the Angels' worries. Scan the code for the story.

Mooseheads seek offence from supporting cast

Help wanted. Frk, Grenier, Ashley and Boudreau struggling to find back of net in post-season



MATTHEW WUEST

matthew.wuest@metronews.ca

A little help here, please?

Heading into Rimouski, Que., on Tuesday down 2-0 to the host Oceanic in the QMJHL semifinals, that's exactly what is needed for the Halifax Mooseheads' front-running trio of Nathan MacKinnon, Jonathan Drouin and Cameron Critchlow.

Those three, while mixed and matched on various forward lines, have combined for 31 goals — more than 62 per cent of the Mooseheads' 50 playoff tallies. Contributions from the supporting cast have been sparse.

"We're not asking one line to be carrying the team and scoring every goal," said Mooseheads head coach Dominique Ducharme. "We've got depth up front, and I'm sure we're going to get scoring from other guys. I think it's going to be good for the team and will help us get those wins."

Since the Mooseheads already cashed in their once-in-a-decade 3-0 series comeback against the Quebec Remparts in the quarter-finals last week, Tuesday's Game 3 at Colisée Rimouski is as close to must-win as it gets.

The Mooseheads badly need production from Martin Frk, Alexandre Grenier, Darcy Ashley and Matthew Boudreau. That quartet combined for 90 of Halifax's 250 goals in the regu-

Coverage

- Metro Halifax reporter Matthew Wuest and photographer Ryan Taplin will be in Rimouski, Que., for the semifinals this week.
- Follow their coverage throughout the week in our print edition, and visit metronews.ca after each game for our coverage. Also follow @metroqfiles on Twitter for live updates from Colisée Rimouski.

lar season — 36 per cent — but has contributed just nine playoff goals, a sharp decline to 18 per cent of team scoring.

They've scored just four of 28 goals since the start of the quarter-finals.

But Ducharme said all of them were on the right track in Game 2, particularly Frk, who had three dangerous shots among six in total.

"If he gets that many chances again, he's going to get one or two goals," Ducharme said. "It's a good sign. The skills he's got, the way he shoots the puck, I'm convinced he's going to break through. The other guys are the same. Grenier had three clear chances, hit the post.

"The chances were there. We just didn't bury them."

Ducharme said his players realize the importance of not falling behind 3-0 in the series as they did against the Remparts, and believes if they play as well as they did in Game 2, they'll emerge with a win.

"I really think we deserved that game," Ducharme said. "We feel we're right there."



Mooseheads winger Martin Frk gets a scoring chance against Oceanic goaltender Jacob Gervais-Chouinard on the weekend. RYAN TAPLIN/METRO

'They can come back': Oceanic coach



Mooseheads forward Cameron Critchlow tips a shot on Oceanic goaltender Jacob Gervais-Chouinard. RYAN TAPLIN/METRO

The Rimouski Oceanic consider themselves lucky to be in the driver's seat in the QMJHL semifinals.

The Oceanic, who grabbed a 2-0 lead in the best-of-seven series with weekend wins over the Halifax Mooseheads at the Metro Centre, host the next three games — if all three are necessary — at Colisée Rimouski.

It's a chance for them to move on to the President's Cup final without a return

trip to Halifax. But that won't happen if they don't play better, according to head coach Serge Beausoleil.

"We have to admit it was very close (the 5-4 win in Game 2), and we have to admit Halifax deserved to win that game," Beausoleil said. "I don't think we can be so confident in this situation. It's very comfortable, I admit, but we have to admit Halifax has a big, big character team and they can

come back. We have to be careful."

Beausoleil said the Oceanic gave the Mooseheads far too many offensive chances in Game 2 and that he expects his team to play much tighter defensively at home.

"We have to be respectful of that team," Beausoleil said. "I don't think the Moose will want to be 0-3 in the series, so we have to prepare ourselves very well." MATTHEW WUEST/METRO

CFL

Hargreaves added to Esk's arsenal

The Edmonton Eskimos signed free-agent receiver Aaron Hargreaves Monday.

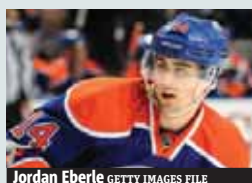
Hargreaves spent the last four seasons with Winnipeg after being selected 15th overall in the 2008 CFL Canadian college draft.

THE CANADIAN PRESS

NHL

Eberle among Lady Byng finalists

Defenceman Brian Campbell of the Florida Panthers, Edmonton Oilers right-winger Jordan Eberle and left-winger Matt Moulson of the New York Islanders were named Monday as finalists for the Lady Byng Memorial Trophy.



Jordan Eberle GETTY IMAGES FILE

The award is given for sportsmanship and gentlemanly conduct, in addition to a high standard of play.

THE CANADIAN PRESS

NHL

Blues' Halak ruled out to start series

St. Louis goalie Jaroslav Halak will not play in the first two games of the Blues' upcoming playoff series against the Los Angeles Kings. He was injured in Game 2 of the Blues' series against San Jose.

THE CANADIAN PRESS

NBA

76ers flatten Nets to take final game in New Jersey

The Philadelphia 76ers nailed down the last playoff berth in the Eastern Conference and spoiled the Nets' final game in New Jersey with a 105-87 win Monday night.

THE ASSOCIATED PRESS

MLB



"It's a very hard day for me. It's been a great, great run.... It's been beautiful."

Ivan Rodriguez. The 14-time all-star catcher announced his retirement Monday, ending a 21-season playing career spent mostly with the Texas Rangers.

Rangers recover to take Sens to 7



Derek Stepan celebrates the Rangers' first goal against the Senators Monday at Scotiabank Place.

FRED CHARTRAND/THE CANADIAN PRESS

NHL. Richards, Stepan help New York avoid elimination and send series back to Madison Square Garden

Put the upset on hold. The Ottawa Senators are going to have to win another game on Broadway to slay the Beasts of the East.

Brad Richards had a big goal and an assist while Derek Stepan added three points as the New York Rangers staved off elimination Monday with a 3-2 victory over Ottawa.

The series will be decided by Game 7 at Madison Square Garden on Thursday night.

Not even the return of captain Daniel Alfredsson in front of the fired-up home crowd at Scotiabank Place could spark the Sens to the final victory needed to eliminate the top seed in the Eastern Conference.

Chants of "Alfie! Alfie! Alfie!" rang throughout the building to add even more emotion to the occasion.

But it was some of the Rangers' slumbering scorers who answered the bell, with Stepan, Richards and Chris Kreider scoring goals during a momentum-swinging second period.

Chris Neil and Jason Spezza replied for Ottawa.

It was yet another game played in the mud and the trenches, which seemed to be just as the Senators wanted it. The underdogs had gained an upper hand in the series largely because of role players like Neil, who made a noticeable impact once again in Game 6.

The momentum seemed to be completely in Ottawa's favour when the first intermission hit, especially with goalie Craig Anderson locked into a lengthy shutout streak and looking sharp once again.

But the Senators lost their focus in the second period and saw the tide turn with the ref-

By the numbers

11:11

Fans have come up with a way to honour what may be captain Daniel Alfredsson's final NHL season: When the game clock reaches 11:11 — Alfredsson wears No. 11 — the fans count down before repeatedly chanting "Alfie! Alfie! Alfie!"

erees giving the Rangers four power plays in the frame.

"You look at the scoresheet and special teams was a huge part of tonight," said Ottawa's Chris Phillips. "It's tough when you're in the box, but on the other side we've got to take advantage when we've got the extra man and we've got to do a better job of that in Game 7."

After six games, there has been very little to choose between teams that were separated by 10 wins and 17 points through the regular season. The Senators have one more chance to pull off the upset.

THE CANADIAN PRESS

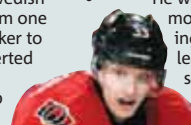
Sens give Silfverberg a shot

No matter what happens next, Jakob Silfverberg is going to have some kind of story to tell.

- The highly touted Swedish prospect jumped from one playoff pressure-cooker to another, getting inserted directly into the Ottawa Senators lineup

Monday in their Game 6 first-round loss to the New York Rangers.

- He was just days removed from bringing the Swedish league championship back to his hometown of



Gavle for the first time in 13 years, scoring the winning goal and collecting MVP honours for Bynas.

- "It's the best league in the world," Silfverberg said Monday morning. "It's a dream come true to just be here and I'm very excited."

NHL. Canucks try to come to grips with early ousting

Now, the soul-searching begins for the Vancouver Canucks.

A season that began with hype and hope ended Sunday in disappointment and dismay. The Canucks lost 2-1 in overtime to the Los Angeles Kings in the fifth game of their Western Conference quarter-final series.

The underdog Kings only qualified for the playoffs in the final days of the regular season. But they beat a favoured Canucks squad that finished atop the NHL's overall standings for the second straight season by a decisive 4-1 count in the best-of-seven series.

"We're all very disappointed



Vancouver's Henrik Sedin shakes hands Sunday with Kings goalie Jonathan Quick. RICH LAM/GETTY IMAGES

with how things turned out right now, and (we're) just going to step back and figure things out," said coach Alain Vigneault.

THE CANADIAN PRESS

Clemens. Gloves come off in opening statements

Prosecutors are painting Roger Clemens as a man who told lies and tells "other lies to cover up lies" after the court seated a jury that includes seven people who said they've never heard of the seven-time Cy Young Award winner now being retried on charges of lying to Congress.

Prosecutor Steven Durham made his opening statement Monday. He called Clemens a "great baseball player" who engaged in a "story of deceit and dishonesty and betrayal" instead of acknowledging alleged use of steroids and human growth hormone.

Back in court

Roger Clemens is accused of lying when he said he never used steroids or HGH at a 2008 congressional hearing and at a deposition that preceded it. The case is back in court after a mistrial last year.

On the fifth day of the trial, the court finally seated 12 jurors and four alternates. The 10 women and six men mostly said they didn't follow baseball or know much about Clemens.

THE ASSOCIATED PRESS

MLB. Blue Jays complete four-game sweep of Royals

Jose Bautista hit a two-run homer, Kelly Johnson also went deep and the Toronto Blue Jays beat the bumbling Kansas City Royals 4-1 on Monday night to complete a four-game sweep.

The Blue Jays improved to 6-1 on the road this season, while Kansas City lost its 11th straight to finish up a winless 10-game homestand. The Royals became the first team to lose its first 10 at home since the Chicago Cubs dropped 12 in a row at Wrigley Field in 1994.

Eric Hosmer scored the Royals' only run with a homer leading off the second inning.

Otherwise, Brandon Morrow



Jose Bautista is congratulated after hitting a two-run home run Monday in Kansas City, Mo. ED ZURGA/GETTY IMAGES

(1-1) took care of the struggling Kansas City lineup. The right-hander allowed seven hits and one walk in 6 2-3 innings.

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Crossword

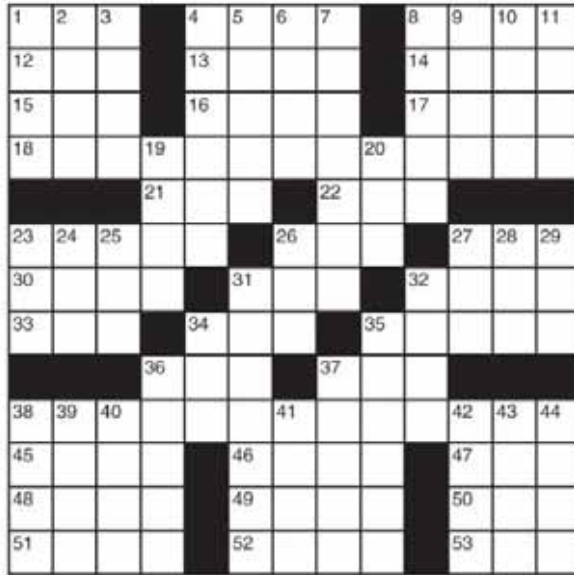
Across

- 1 Wanted-poster abbr.
4 Throat clearer
8 Impale
12 In the thick of
13 Prolonged sleep
14 "The Music Man" locale
15 Put off paaying
16 Invent a word
17 Succeed at horticulture
18 TV show set in Arlen, Texas
21 Mule's daddy
22 Feedbag tidbit
23 Dangle a carrot
26 Supporting
27 Indispensable
30 Woodwind
31 Spitball
32 Jazz style
33 — -Wan Kenobi
34 Zero-star review
35 Fills till full
36 Sandy's comment
37 Shade provider
38 Pennsylvania town
45 Bloodhound's clue
46 Rings around the collar?
47 URL end
48 Unescorted
49 Apiece
50 Packed away
51 Lotion additive

- 52 Dispatch
53 Took off

Down

- 1 Uncontrollable
2 Chinese gooseberry
3 Mideast gulf
4 Approach aggressively
5 Stock footage?
6 Send forth
7 Boy's eventual status
8 Vision
9 Actress Spelling
10 MPs' captive
11 Wail loudly
19 Yawn
20 Corn spike
23 Excessively
24 Undergo recession
25 "Ostentatious? —?"
26 Enthusiast
27 DIY buy
28 Enos' granny
29 "Undeniably"
31 Brunch entree
32 Predicaments
34 Expert
35 Like wet snow
36 Correspond
37 "All My Children" role
38 Caffeine-rich nut



- 39 "American —"
40 Admonition to Nanette
41 Ring out

- 42 Cicatrix
43 Tittle
44 Congregation's cry

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q IYRUQMIQAU, WYYCXAF
CXJY XU LXLA'U EKQIFY
YAZMFK WZI WXCCYUR,
LYEXLYL UZ IQXRY UKY
RUYQJR.
Yesterday's Cryptoquip: SUPPOSING YOU HAD
YOUR PICTURE TAKEN BY A BIG ALASKAN
BEAR, I'D CALL THAT A KODIAK MOMENT.
Today's Cryptoquip Clue: L equals D

How to play



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	1	7	8	5	2	0	3
2	3	7	4	8	9	1	8	5
6	5	8	3	2	1	9	7	4
1	2	6	9	3	8	5	4	7
5	7	3	1	4	6	8	2	9
9	8	4	5	7	2	6	3	1
8	4	5	2	6	3	7	1	6
3	1	2	6	5	7	4	9	8
7	0	9	8	1	4	3	5	2

Horoscope

- ♈ **Aries** | March 21 - April 20.
Partners and colleagues will happily shovel more work in your direction today — and you will happily shove it back at them.
♉ **Taurus** | April 21 - May 21.
You will be hugely assertive over the next few days.
♊ **Gemini** | May 22 - June 20.
Someone may have let you down once but that does not mean they will let you down again.
♋ **Cancer** | June 21 - July 22. If there is something that needs doing in your life that you feel is beyond your capabilities then call in an expert.
♌ **Leo** | July 23 - Aug. 22. Try not

- to make a bad impression on someone you have to deal with.
♍ **Virgo** | Aug. 23 - Sept. 22.
This will be one of those wonderful days when everything goes right for you, even if you do the wrong things.
♎ **Libra** | Sept. 23 - Oct. 22.
Whatever the majority opinion happens to be at the moment you will take the opposing view, just for the fun of it.
♏ **Scorpio** | Oct. 23 - Nov. 21.
Do you have secret enemies? Maybe. Are they lining up to stab you in the back? Of course not.
♐ **Sagittarius** | Nov. 22 - Dec. 21.
Get your chores out of the way

- as quickly as possible.
♑ **Capricorn** | Dec. 22 - Jan. 20.
This is potentially one of the best days of the year for you as the Sun and Mars join forces across the most dynamic angles of your chart.
♒ **Aquarius** | Jan. 21 - Feb. 18.
Just because you don't much like someone does not mean you cannot work together on the same team.
♓ **Pisces** | Feb. 19 - March 20.
You have been quietly working away behind the scenes and very soon will get the breakthrough you have been hoping for. When it arrives stay calm and resist the urge to make a big thing of it. Modesty is your strength.
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FELIX KAESTLE/THE ASSOCIATED PRESS

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